Wei-wu-erh ladies bother with the convention of the veil, however, and some merely keep it thrown off the face and trailing down the back. 291

Good food is the watchword of the Wei-wu-erh of Kashgar, and his restaurants and shops are well provided. An abundance of melons, mulberries, plums, pears, pomegranates, peaches, and apricots, are seasonably available; and they are sold from open stalls in the local bazaar. *Mantu*, a dish of small meat dumplings, is a favorite repast, and there is also an abundance of steaming soups, fresh salad greens, and a local style of doughnut. The principal diet is, however, mutton and rice. This is accompanied by cooked onions, turnips, spinach, or potatoes. The common man usually partakes of only two meals a day, but feasts have been known to begin in early morning and to end only at sunset. What delightful, varied-tasting Chinese dishes can be served at Kashgar banquets! A few samples of such festive dishes are: ducks'-egg soup, stags' tendons, sharks' fins, bamboo shoots, wild duck, preserved eggs, all manner of pungent sauces, roasted mutton, sweet-sour fish, and many, many kinds of chicken—boned, broiled, roasted, fried in quarters, chopped, and sliced and fried in strips. 262 [264]

There are also many types of Wei-wu-erh entertainment. In the narrow streets a fortune-teller, sitting cross-legged, will ever be ready to promise good fortune for a few cents. The tea-shop, where the Wei-wu-erh, unlike the Han Chinese, drinks his tea with sugar, is another congenial spot. Theaters were for a long time unknown, but a Chinese performance is nowadays a pleasant diversion; and Soviet motion pictures have also been brought to town. There is dancing, too, but it is not the kind common to the Occident; and it is for the men. Only in rare instances do the women join in the dance. Kite-flying is popular with the young Wei-wu-erh, while the most strenuous sport for the adults is the game of *ulagh*. This is played on horseback in teams and has a distant resemblance to polo; the object, though, is to retrieve the carcass of a goat or a sheep. It is a wild, uproarious, racing *melee*, and the source of endless excitement and laughter. 517 [272] [545] [535] [526]

"Han" Chinese

Tu Chung-yüan states that the "ruling" Chinese (he calls them "Han" by way of contrast to the rest of the population) constitute about 162

3: Skrine G-3 (1922-1924) 1926 All Sinkiang All

followed, during which we all sat talking in the pavilion or walked about the garden admiring the lotuses. Dinner when it came at last was served in the houseboat-like pavilion, the interior of which consisted of one long, airy dining-room tastefully decorated with flowers in pots and Chinese paintings.

The Taoyin, as I have said, was always merciful to his European friends, and the dinner was much shorter than the average Chinese repast. There were only some twenty-five courses, and these were eaten with the full complement of knives, forks and spoons; not a chop-stick to be seen, though I, for one, as soon as I had learnt the knack of using them, always used chop-sticks on the exotic Chinese food rather than banal Western cutlery. It may be of interest to record the menu, so far as I was able to identify the courses. Hors d'œuvres including, in addition to the usual items, slices of hard-boiled egg which had been buried for some years and had turned quite green, were eaten during as well as before the meal.

MENU

Tea and Dessert
Hors d'œuvres
Syrup dumplings
Shark's fin with shredded chicken
Pigeon's eggs
Pork fritters
Traveller-fish soup
Bamboo-root stewed in syrup
Roast chicken
Mince dumplings
Dried Chuguchak sturgeon
Sea-slug soup
Tinned oranges
Stewed chestnuts
Cold roast pork
Veal fritters
Fish tripe
Cabbage soup
Stewed pears stuffed with rice
Pastry dumplings
Baked mutton
Roast pigeon
Mutton fat fritters
Seaweed soup
Lotus seeds in syrup
Boiled rice
Tea and dessert

The Taoyin's chef was a master, and many of the above dishes were excellent, both European and Chinese; but I

/The New Uighurs/

563 songs of poverty and exile, and popular songs of various kinds.
[533] The New Uighurs are great believers in the efficacy of local
[706] saints, and there are innumerable shrines all over their region
[708] dedicated to saints and heroes.

2. Patterns of living

563 a. Dwelling

342 Most of the people live in small hud houses called öy, or
[184] sometimes hānä, which resemble the simple earth, stone and reed-mat homes of the poor farmers of North China. Rich people live in well-built houses with courtyards and gardens.

The typical design of the house is a flat roof upon which small openings are left to serve as windows. The windowframes are equipped with folding shutters, and are closed at night dur-
[354] ing the winter. The window openings are so small they admit
[352] little light, and the interior is always in semi-darkness. Floor and walls are packed with reed mats and earth. The rear of the room is set apart by a partition of squared beams, and has a raised floor. This elevated section, its floor covered with reed mats and thick felt, serves as the bed and also the dining table. Most of the family's time at home is spent on this elevation. The door of the house is so low that one must bend down to pass through it. Almost every room has a chimney.

[251] The flat-topped roof of the house is used for drying grain and other agricultural products. Each house also has a veranda on
[352] which plank beds are constructed for use during the summer. Couches of wood or clay under the trees also serve as sleeping accommodations during hot weather. A house with a courtyard
[351] is surrounded by a wall of earth. In the southern area, the gar-
[184] dens of the homes are surrounded by hedges.

b. Food

563 Wheat and corn are the staple foods of the people. Rice is a
262 luxury used only for entertaining and festival occasions. Meat is preferred to vegetables, and mutton to beef. Chickens, ducks and other fowl are eaten, but not considered especially desirable. The famous Turfan raisins and Hami (Qomul) melons supply large quantities of fresh fruits for these people. Mare's milk
[272] is drunk extensively, and the noble drink called kumis, horse
[273] milk wine, is considered the most healthful of all sour milk concoctions.

563 For entertaining, camel and horse meat, beef and mutton are
262 served with fresh fruits, crystalized sugar and kumis. Meats
252 may be boiled or roasted. The most common dishes are grilled mutton and kidney, and cold boiled mutton and liver with bread. The favorite dish, called pilav, is made of the fattest mutton or beef cut into small pieces and cooked with rice, chopped carrot, onion, garlic and seedless raisins, cooked in a large cauldron.
[264] Liquid foods are eaten with wooden spoons. Other foods, including thick porridge and pilav, are eaten with the fingers.

/The New Uighurs/

563 576 mutual courtesy. In addressing one another they use the polite form of you. The same politeness is demonstrated between wife and husband. Parents use the equivalent of "thou" to address their children, servants or workers. Upon meeting a friend or entering a friend's house they say "As-salam Alaikum," and the reply is "Alaikum as-salam." They inquire about the health of the family, then bow and shake hands. Only women kiss when they meet, and only if they are related. When they part they say "Khosh," or "Allah Akbar," meaning, "The Lord is great."

563 576 574 264 [782] The more religious women pray before eating or starting to do something. Washing the hands before and after meals is mandatory. Bowls of water and towels are provided at a feast or banquet table, and hands are washed between courses. When a hostess serves refreshments to a guest, the guest rises, bows and says "Ishqallah," meaning thank you. Polite speeches are made by both host and guest on the guest's arrival and departure. Good manners are regarded as important.

4. Superstitions and taboos

563 771 [776] [778] [769] The New Uighurs attach superstition to almost everything. They believe in witches, ghosts, charms and talismans. As mentioned before, they believe in the powers of local saints and heroes, to whom they have dedicated innumerable shrines, and certain superstitions connect these shrines with the curing of disease and the bearing of children. Ancestor worship is also strong among them, as shown by the popular names of the shrines.

[756] [755] [789] 563 771 775 [782] [825] The people are also firm believers in witch-doctors, and in magic powers that cure disease, induce love, or sow enmity between people. Ghosts are much feared, especially the ghost of a Chinese. People regard the Urumchi Road from Kashgar as a haunt for Chinese ghosts. They believe that if one is haunted he may be able to propitiate the ghosts by leaving money on his doorstep overnight. If the money is gone in the morning, the ghosts have taken it and will make no further trouble. They also have a superstitious dread of snakes, and believe that if one kills a snake, its mate will haunt him.

563 372 [777] 563 821 The New Uighurs try to maintain an everlasting fire in their fireplaces, to bring prosperity to the house. Ashes from the fireplace are carried out at night or before sunrise, for to clean the fireplace and take out the ashes during the day may bring misfortune to the household. They fear thunder, and during a thunderstorm they pray for deliverance from threatening danger.

5. Religious celebrations and festivals

563 796 Like the festivals of Moslems the world over, the festivals of the New Uighurs are deeply colored with religious influence. Besides Fridays, which are generally celebrated, the people have only three main holidays, Rōse-hāyt, Kurban-hāyt and

HEALTH AND SANITATION

SN 128 I. Introduction

For the purposes of this section the region has been divided into three groups: (1) the Turkic people of Sinkiang (including the Eastern Turks, Kirghiz and Kazakhs), (2) the Tibetans of Chinghai and (3) the Chinese of the Northwest (including both Hans and Moslems).

SN 751 164 Measured by Western standards, the area as a whole lacks most modern facilities for maintaining high standards of health and sanitation. The shortage of trained personnel in the fields of medicine, dentistry and nursing is quite acute. These conditions may be due partly to the geographical location of the area, being in the deep hinterland, away from the center of China, and generally lacking a sufficient water supply. The common man's ignorance of the basic facts of health and sanitation contributes greatly to the spread of disease and to the lack of precautionary measures against the occurrence of certain diseases.

However, the local population, while living under what we consider unsanitary conditions, has built immunities to many diseases, to which a Westerner, living under the same conditions, would easily succumb. Some habits that we consider dangerous in spreading disease may actually be without any harmful consequences to the local people.

II. The Turkic Peoples of Sinkiang

S 262 563 A. The Diet of the Turkic People

The daily diet of the sedentary Eastern Turkis consists mostly of mutton and rice, with vegetables, both boiled and fried, including onions, potatoes, turnips, carrots and spinach, many forms of S [272] [263] soups, and pilaus. Tea is the staple beverage, served with sugar and without milk. Bread, in the shape of circular rolls indented at the top, constitutes an important item in the diet. A variety of fruits, including melons, apples, pears, apricots, peaches, nectarines, pomegranates, plums, cherries, and mulberries, grow in profusion in Turkestan and are abundant during the summer.

S 264 262 184 565 563 [539] The common people eat only twice during the day; in the morning and in the evening. The wealthy people frequently have feasts and eat a great abundance and variety of foods. Many of them suffer from abnormal obesity as a result of overeating and lack of exercise. A common proverb in Sinkiang warning against the folly of this type of behavior is the following, "He who eats sparingly eats ten times, but he who eats too much eats but once."

S S 563 262 [272] The diet of the Kirghiz and the Kazakhs, the nomadic Turks, differs somewhat from that of the sedentary Eastern Turks. Their diet is composed mainly of milk and mutton. From flour and